

## Sometimes it isn't possible to be away from home during a heat event. Here are ways to keep yourself cooler at home.

- Stay indoors as much as you can and in an air-conditioned space if possible.
- If you do not have air conditioning, turn on a fan for air circulation. **Tip:** Electric fans can make you more comfortable, but they do not prevent heat-related illness if your house is over 95°. A cool shower or bath is a better option.
- Take a cool shower or bath.
- When it's hot, you need to drink more. A good rule of thumb is to drink before you are thirsty.
- Avoid eating hot, heavy meals—they just make you warmer.
- Close your blinds during the day.
- Avoid using your stove and oven.
- Use appliances like dishwashers and dryers in the early morning or late evening when it's cooler.
- Open windows at night to let cool air in.



## Take Steps to Keep Your Home Cooler in the Future

Take steps before hot weather arrives to keep your home cooler:

- Plant trees or vines around your home for shade.
- Make sure that your attic, walls and crawlspace are properly insulated. This can help keep your home more comfortable and your energy bills lower in summer and winter.
- Hang outside window awnings or shades over your windows. According to Avista, shades can block up to 65% of the sun's heat from entering the window.



## Reduce Costs

- If you use air conditioning, increase the temperature on your thermostat or set it to adjust to different temperatures during the day. Keeping your home warmer during the hottest part of the day when you're away saves energy and money.
- Close doors and vents in unused rooms to save energy and force cool air into the areas of your home that you do use.



*More energy saving tips on the Avista Utilities website.*

*You may be able to get help with energy bills and home weatherization at SNAP.*



### SOURCES:

"Tips for Preventing Heat-Related Illness," Centers for Disease Control and Prevention, updated August 16, 2022, <https://www.cdc.gov/disasters/extremeheat/heattips.html>.

"No-Cost/Low-Cost Energy Saving Tips," Avista, last accessed May 23, 2023, <https://www.myavista.com/energy-savings/energy-saving-advice/diy-savings-tips>.